



Online Courses for High School Students

1-888-972-6237

Health*

COURSE DESCRIPTION:

This Health course will help you develop the knowledge and skills you need to make healthy decisions that allow you to stay active, safe and informed. The lessons and activities are designed to introduce students to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Among other topics, you will explore nutrition, understanding and avoiding disease and human sexuality. You will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

COURSE OBJECTIVES:

- Introduce students to concepts and applications of the main types of health: mental and emotional, social and consumer, and physical
- Introduce methods and strategies for decision-making for healthy life choices
- Present opportunities for students to apply their value systems to decisions concerning health
- Introduce and assess communication skills that demonstrate healthy choices with respect for self, family and others
- Introduce resources provided by online sources, parents, friends and community members in making healthy choices

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Unit 1: Alcohol

Unit 2: Tobacco

Unit 3: Over the Counter / Prescription Drugs

Unit 4: Illegal Drugs/ Drugs of Abuse

Unit 5: Human Reproduction

Unit 6: Sexually Transmitted Diseases

Unit 7: HIV / AIDS

Unit 8: Parenting / Adulthood

Unit 9: Teen Suicide

Unit 10: Nutrition